

September 26, 2005

## CHFS FOCUS



### **CHFS Focus Employee Spotlight- DPH's Good Samaritan Sanitarians: Kentucky sends public-environmental health specialists to aid with Hurricane Katrina recovery efforts**

*Photo: Front row, left to right: Kenny Ratliff, Tony Powell, Craig Sheehan and Wes Clark; Back row, left to right: Guy Delius, Justin Pitman, Jeremy Jernigan, Lloyd Penniston, Alan Kidd, Rich Storm and Robbie Hume.*



PHOTO BY ROBERT MARTIN

A team of Kentucky public health environmental specialists is on a Good Samaritan mission in Mississippi assisting with critical recovery efforts related to food and water issues in the aftermath of Hurricane Katrina. This effort is coordinated by the Department for Public Health's Division of Public Health Protection and Safety, which oversees environmental health for Kentucky.

"We are extremely proud of our environmental public health professionals from the state and local health departments," said DPH Commissioner William D. Hacker, M.D. "These dedicated men and women are trained to respond to many different types of threats to the public and they have voluntarily put their own lives on hold to help the citizens of the Gulf Coast."

The team consists of nine environmental health specialists from several Kentucky agencies, including DPH, county health departments and the Environmental and Public Protection Cabinet's Division of Water. Team members are spending approximately 10-14 days in the hurricane-affected area.

Members of the first team are: Wes Clark, Franklin County Health Department; Allan Kidd, Division of Water, EPPC; Jeremy Jernigan, Christian County Health Department; Lloyd Penniston, North Central District Health Department, Shelby County; Justin Pittman, Three Rivers District Health Department, Carroll County; Tony Powell, Northern Kentucky Independent Health Department; Kenny Ratliff (team chief), DPH; Craig Sheehan, DPH;

and Rich Storm, Wedco District Health Department, Scott County.

As part of their routine duties, the Division of Public Health Protection and Safety conducts inspections to ensure that all restaurants, hotels, grocery stores, food production facilities, schools, mobile home parks, youth camps, public swimming pools, tattoo and body piercing facilities, onsite sewage septic systems, radiation producing (X-ray) machines, dairy farms, milk processors, lead hazard abatement operators and many other entities are safe and operate safely.

Preparedness planners, public health administration staff and public health nurses are also being deployed to the Gulf region. Another team of public-environmental health specialists and other public health staff is poised to depart this week to relieve the team currently on site.

DPH sent state and local environmental health specialists, also known as registered sanitarians to the Gulf Coast states to support our southern neighbors in crisis by helping ensure critical infrastructure, such as safe food, water, housing, etc., are in place to allow for re-growth.

Normally these Good Samaritan sanitarians quietly keep Kentucky's economy rolling and citizens safe by ensuring that restaurants, day cares, schools, swimming pools, grocery stores, food and dairy producers and other businesses open in a timely manner and operate safely. This group ensures items that touch the lives of most Kentuckians every day are safe and properly regulated.

The Good Samaritan sanitarians are working with the Mississippi Department of Health to address critical public health issues including: food safety, food salvage and disposal, food and water-related illness, clean water sources, water sampling, solid waste and waste water system analysis, and mosquito control.

Based out of Gulfport, Miss., the specialists are providing assistance to Pearl River, Stone, George, Jackson, Harrison and Hancock counties in the southernmost part of the state.

"This group of environmental specialists is helping to rebuild the infrastructure and encourage re-growth of the areas affected by the hurricane," said Guy Delius, assistant director, Division of Public Health Protection and Safety. "Clean water, safe food and proper waste disposal are the critical infrastructure components needed to be in place before a re-growth period can occur."

For more information about CHFS relief efforts, visit <http://chfs.ky.gov/katrina.htm>.

September 26, 2005

## CHFS FOCUS



### **CHFS Focus Program Spotlight - Public Health Preparedness Branch members put to the test with hurricane recovery efforts**

*By Barbara Fox*

Being prepared to respond to a public health emergency involves more than just having an emergency operations plan.



It's also being able to successfully execute the plan by working cohesively with all agencies involved in the response. And that's exactly how things panned out for the Department for Public Health's Preparedness Branch after Hurricane Katrina struck the Gulf Coast last month.

The branch has worked diligently in support of hurricane recovery efforts in a variety of ways. Branch members' efforts to recruit medical volunteers to assist with the recovery were so successful that a medical volunteer database was established to record and manage volunteer information. The database now includes information on more than 1,200 volunteers.

A Hurricane Katrina Web site was also established ([www.chfs.ky.gov/katrina.htm](http://www.chfs.ky.gov/katrina.htm)) to provide the public with information concerning the Cabinet for Health and Family Services' hurricane assistance efforts. An additional database was created to support the new KHELPS (Kentucky Helps) system, which serves as a central coordination point for necessary medical, social and basic needs services for evacuees. Services provided include: food stamps, the Kentucky Transitional Assistance Program; Medicaid; mental health/mental retardation services; and DPH programs including clinical services; the HIV/AIDS program; WIC; the Kentucky Physicians Care program; and immunizations.

Preparedness Branch Manager Peggy Ware, who has been leading the recovery effort, is no stranger to public health, with more than 22 years' experience working for public health in Kentucky at both the local and state level. "This recovery event is the first time that our branch has been tested to respond to a real-time emergency as a fully-staffed office," Ware said. "We have 10 employees currently on staff in the branch and it was wonderful having a full complement of experienced personnel on board to work together with other local, state and federal agencies involved in the response effort. It was remarkable to see how everyone worked together toward a common

goal of offering assistance to the people in the affected area."

Rebecca Rogers, emergency operations planning coordinator, has been managing the medical volunteer database. Rebecca is the National Incident Management System coordinator for the branch and a former public health planner for the Woodford County Health Department. "We really didn't expect so many medical professionals to volunteer," Rogers said. "It's amazing to me that these volunteers are willing to pack up on a day's notice, leave their jobs and families, and go into unknown conditions to help others in need. It has been a very memorable and touching experience for me to be involved in the process."

Robbie Hume, who serves as exercise coordinator for the branch, has been coordinating the state's health and medical response teams with the Florida Emergency Operations Center. With more than 16 years' experience working with fire departments and emergency medical services, Hume is more than prepared to assist with a wide range of duties, including manning the health services desk at Kentucky's Emergency Operations Center. Hume was recently deployed to assist with the rebuilding of the public health infrastructure in Mississippi.

Telecommunications issues associated with the CHFS response are being handled by Mark Vaughn, Office of Information Technology client manager for the Division of Epidemiology and Health Planning. Vaughn has more than 20 years of computer technology support experience in state government and his work has been essential in establishing and maintaining communications with all agencies involved in the recovery effort. "I have been issuing alerts via the Health Alert Network and posting important information there for local health departments and first responders," Vaughn said. "In a public health emergency, everything happens so fast. You have to be prepared to respond effectively and efficiently."

The branch's Chemical/Radiation Preparedness Coordinator, Brad Learn, also is no stranger to emergency response situations, with more than 25 years' experience working with fire departments and EMS. Learn has been performing resource typing, a method of identifying assets available for possible deployment through the National Incident Management System. "These assets can be equipment items such as generators or teams of specialists with different levels of training," Learn said. When asked about the duration of the recovery effort, he noted, "Because this is such a large-scale disaster, we are aware that recovery may take a long time, but the state's local health departments are stepping forward and are doing a tremendous job."



Richard Dugas, Kentucky's Strategic National Stockpile coordinator, has been working with the National Disaster Medical System in case patients need to be evacuated from the hurricane-ravaged areas. Dugas previously worked with Lexington-Fayette County Emergency Management and is an Army veteran of both the first Gulf War and Operation Enduring Freedom in Afghanistan. Dugas currently serves in the Army National Guard as a military intelligence officer. He was deployed with his National Guard unit to assist with his unit's current mission of hurricane recovery.

Although he just started working as the branch's Health Resources and Services Administration (HRSA) preparedness coordinator a month ago, Mark Sizemore was more than willing to step forward and manage data for the state's sheltering sites with information received through the KHELPS system. Before coming to DPH, Sizemore worked for 13 years as a case manager and public health planner in the Cumberland Valley District Health Department.

Martha Graves, who also serves as an HRSA preparedness coordinator, has been in charge of the division operation center's phone bank for the KHELPS system. "Everything has been running smoothly and we are fielding calls from those displaced by the hurricane who are requesting services that CHFS has offered," said Graves.

The branch administrative specialist, Katie Robinson has assisted by managing the databases and fielding calls in response to the recovery effort.

The newest team member in the branch, Marion Pennington, D.V.M., actually started work Sept. 1, after the recovery effort had begun. Pennington, a medical epidemiologist, has been busy monitoring surveillance forms for illness outbreaks.

Ironically, in light of hurricane recovery efforts taking place in the commonwealth and around the nation, September is National Preparedness Month. The response effort demonstrated this month by the Preparedness Branch stands as an example that we are more prepared to respond to a disaster today than we were a few years ago. "This experience has further solidified the valuable partnerships that we created in the past few years," said Ware. "The infrastructure has been reinforced and what would have taken months to accomplish in the past only took a matter of hours in this situation."

## **Jefferson County SNAP office promotes adoption at 'Family Day'**

*By Anya Armes Weber*

People interested in adoption can get more information this week as part of a national effort to encourage family togetherness.



The Jefferson County office of the Cabinet's Special Needs Adoption Program (SNAP) will host Family Day Monday, Sept. 26, at Wendy's restaurant, 3301 Cane Run Road, to provide information and staff assistance and consultations for persons interested in adoption.

The Wendy's restaurant is at the corner of Cane Run and Algonquin Parkway, and the event is from 5-8 p.m. Wendy's will provide 600 free kids' meals.

Family Day is a national observance to promote parental engagement as a simple, effective way to reduce youth substance abuse and raise healthier children. The National Center on Addiction and Substance Abuse (CASA) at Columbia University created Family Day in 2001. CASA research has found that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs.

"We thought this was a perfect venue to reach out to families who may be thinking about adoption," SNAP specialist Karen McKiernan said. "Foster children in SNAP need stable, loving families. They look forward to having a permanent home with parents who love them, no matter what."

Several agencies will offer information and free activities, including dental screenings and teeth sealing provided by Colgate's Bright Smiles, Bright Future Mobile Dental Van; fire safety instruction and coloring provided by Louisville Metro Fire and Rescue; a petting zoo sponsored by the Louisville Nature Center; ID badges from Louisville Metro Police Department; and toy building kits and aprons provided by Home Depot.

Professional portraits of foster children waiting to be adopted, part of the Cabinet's Shining Star Photo Gallery II, will also be on display at Family Day.



September 26, 2005

## Health fair the highlight of Make A Difference Day Oct. 21

In observance of Make A Difference Day and in support of Governor Fletcher's Get Healthy Kentucky! initiative, the Kentucky Commission on Community Volunteerism and Service will host a health fair in downtown Frankfort on Oct. 21.

Make A Difference Day is an annual observance dedicated to helping others – a celebration of neighbor helping neighbor. KCCVS has long observed Make A Difference Day by encouraging community service and working to raise awareness of unmet needs and volunteer opportunities across Kentucky.



In previous years, KCCVS has led a statewide beef stew can collection campaign to support hunger prevention programs around the commonwealth and to promote the value of volunteer service as a means for Kentuckians to "make a difference" in their communities.

This year, KCCVS is focusing its Make A Difference Day activities on making a difference in the health of Kentucky. "Because Kentucky ranks poorly in a number of health indicators, we wanted to add another voice to the 'get healthy' message," KCCVS Director Eileen Cackowski said. "By using Make A Difference Day to promote healthy lifestyles and disease and illness prevention, we hope to be a positive influence in people's lives and urge Kentuckians to make changes and choices that will truly make a difference in their personal health."

KCCVS is a statewide, bipartisan body working to address unmet local needs across the street by providing opportunities for Kentuckians to engage in community service opportunities. As part of its service objective, KCCVS also works to build partnerships among volunteers, organizations and businesses to support local community service programs.

The staff and leadership of KCCVS invite all Frankfort-based CHFS employees to visit the Make A Difference Day health fair Oct. 21 from 10 a.m.-2 p.m. on the St. Clair St. Mall. The fair will feature health-related product and service vendors, demonstrations and information exhibits to empower and motivate visitors to make responsible, healthy lifestyle choices.

As a special bonus, Tink Greenwell of Tink's Bar B Q, a long-time St. Clair Mall fixture, will offer a healthy grilled lunch selection for health fair visitors.

"As summer draws to an end and we spend more time indoors, we want to remind everyone that good health practices – including exercise and diet – need to continue year-round," Cackowski said. "The Make A Difference Day health is a chance to reenergize folks who are already involved in personal health and wellness activities and to motivate others to take steps to improve their quality of life by improving their health."



## 19th Annual Governor's EEO Conference, Oct. 10-12

*From the Office of Human Resource Management*

The Personnel Cabinet will host the 19th Annual Governor's Equal Employment Opportunity Conference Oct. 10-12 at



Louisville's Holiday Inn Hurstborne. This is the premier training event for EEO coordinators, counselors, Americans with Disabilities Act and diversity practitioners, and personnel executives and administrators.

CHFS staff members who wish to attend must follow the Outside Training/Continuing Education procedure to request approval to attend the conference. Information and assistance with this procedure are available at the following intranet link:

[http://cfcnet.ky.gov/Agencies/ohrm/Personnel\\_Manual/Outside\\_Training\\_and\\_Continuing\\_Edu.html](http://cfcnet.ky.gov/Agencies/ohrm/Personnel_Manual/Outside_Training_and_Continuing_Edu.html)

Approval for outside training is contingent on availability of agency funds. Department/office budget heads or their designees must approve and sign off on all associated costs.

Should you have any questions, please contact your training liaison or the Division of Organizational and Professional Development at (502) 564-7770.

September 26, 2005

## CHFS FOCUS



### **Gallery premiere to feature foster children's artwork**

*By Anya Armes Weber*

Artwork by children in foster care from the Northern Kentucky area who await adoption will be featured at a gallery opening and reception this week.

The premiere of the Cabinet's "Young Artists in the Making Art Gallery – Come See Our Creative Kids Shine" will be from 7-9 p.m. on Tuesday, Sept. 27, at the Frank Duveneck Arts and Cultural Center in Covington. The center is located at 1232 Greenup St.

The public is invited and refreshments will be served.

Eight children have created drawings for the gallery. Six of the children are in Cabinet custody and two have been adopted. Photos of all the children will be exhibited with their art.

"Children in foster care have dreams, goals and talents they want to share," said Stephanie Daudistel, gallery organizer and a foster care and adoption recruitment facilitator in the Cabinet's Campbell County Department for Community Based Services office.

"We want to highlight the positive and creative aspects of the children in care," said Debbie Kallmeyer, DCBS Campbell County recruitment and certification supervisor. "Sometimes, children can be misunderstood just because they are in the foster program. We want to show off their talents and let the community know these are their children. We can all be proud of what they can do."

The collection will be at the gallery through mid-October.

Daudistel said plans are for the gallery to travel throughout Northern Kentucky to raise awareness of the Cabinet's steady need for adoptive homes.

### **Entertainment, exercise on tap for upcoming KECC events**

*By Anya Armes Weber*

Several fund-raising events are planned as the Kentucky Employee Charitable Campaign begins to wind down.



### **KECC Walk-a-Thon**

The Department for Community Based Services is sponsoring its first KECC Walk-a-Thon from noon to 1 p.m. on Thursday, Oct. 6. The event will be on the walking trail behind the CHR Building in Frankfort. All staff members are invited.

Walkers should collect pledges of any amount from their coworkers, family and neighbors. Prizes – including gift certificates from Pink Pig Bar B Q, Longhorn Steakhouse and Harley Limo Service – will be awarded to participants who raise the most money.

Walkers are encouraged to complete at least one lap around the path, but may walk as long as one hour.

Funds raised at the walk-a-thon will go to the American Red Cross, said event organizer Ebone Mayewski.

"How awesome would it be if each office had at least two walkers come down to participate?" Mayewski optimistically posed.

Contact Mayewski at (502) 564-2524 for a pledge sheet or more event information.

### **Talent show Friday**

One major annual event is the talent show sponsored by the Justice and Public Safety Cabinet. The show is from 11:30 a.m. to 1 p.m. on Friday, Sept. 30, in the Frankfort CHR Building Auditorium.

Donations are \$5 in advance and \$6 at the door. For tickets, call Melissa Clark of the Kentucky Parole Board at (502) 564-3620.

While funds raised will count toward the justice cabinet's KECC total, those attending will still be helping the campaign charities and the people they serve.

### **Upcoming DDS events**

The Department for Disability Determination Services' chili cook-off is Tuesday, Sept. 27, in conference rooms B and C of DDS' Frankfort office, 102 Athletic Dr. For \$3, you get a bowl of chili, a peanut butter or pimento cheese sandwich and a homemade dessert.

A yard sale will be held at the DDS building Tuesday, Oct. 4.



September 26, 2005



The annual DDS Halloween costume contest is Monday, Oct. 31. Bring a \$2 contest entry fee and your creepiest, funniest, prettiest or funkiest Halloween fashions.

Call Bonnie Cox with DDS at (502) 564-5028 for more information.

### Ice cream social a sweet success

The Department for Disability Determination Services raised \$253 at its ice cream social earlier this month.

All proceeds will go to the American Red Cross' Hurricane Katrina relief fund.

*Below, Bonnie Cox serves a dish to James Blincoe at the DDS ice cream social on Sept. 15. The event raised more than \$250 for KECC.*



*Below, Sara Doxey contemplates her topping choices for the banana bowl made for her by Lisa Venzin at the DDS ice cream social. Proceeds from the fund-raiser will go to the Hurricane Katrina relief fund.*



### Victory celebration planned for Oct. 26

The KECC Victory Celebration is slated for 3 p.m. on Oct. 26 in the cafeteria of the Frankfort

Transportation Cabinet Building, 200 Mero St. All staff is invited, but please tell your KECC coordinator if you are planning to attend.

### KECC Cup Standings

For the fourth reporting period of the Kentucky Employee Charitable Campaign, a new leader has emerged in the race for the CHFS KECC Cup.

The Office of Technology Services recorded the highest participation rate among Cabinet offices for this period and claims the coveted cup and bragging rights – and defend the title next reporting period.



Among the efforts that put OTS over the top was a very successful golf scramble with the proceeds going to the campaign.

Congratulations OTS!

### CHFS recognizes National Women's Health and Fitness Day Sept. 28, invites staff to 'Get Moving' again

*By Patricia Boler*

The Division of Women's Physical and Mental Health will sponsor Women's Health and Fitness day on Sept. 28 in the CHR Building. CHFS staffers are invited to join in a variety of activities beginning at 9 a.m. and lasting throughout the day.

CHFS employees in Frankfort will be encouraged to again 'Get Moving' with this special day of exercise, dance and fun. Everyone is welcome to participate – including men.



Activities scheduled from 9 a.m.-2 p.m. will be held in the Thompson Training Room on the second floor of the CHR

September 26, 2005



Building just across from the escalators. Activities from 2-4 p.m. will be held in the CHR Building cafeteria..

Each activity will be offered for one hour in four 15-minute sessions.

A schedule of activities is listed below.

**2005 Women's Health and Fitness Day  
Activity Schedule**

**9-10 a.m.**

**Stretching** with Jill Pfankuch -Thompson Training Room

**10-11 a.m.**

**Yoga** with Julia Rome - Thompson Training Room

**11 a.m.-Noon**

**Jazzercise®** with Christy Brock - Thompson Training Room

**Noon-1 p.m.**

**Resistance Training** with Jill Pfankuch - Thompson Training Room

**1-2 p.m.**

**Yoga** with Julia Rome - Thompson Training Room

**2-3 p.m.**

**Hip-Hop Dance** with Kara Johnson - CHR Building Cafeteria

**3-4 p.m.**

**Line Dancing** with Bob Devers - CHR Building Cafeteria

**CHFS Focus Health Tip of the Week: Prostate cancer  
second most common cancer in men**

*By Anne Parr, R.N.*

After skin cancer, prostate cancer is the most common cancer among men in America. Of all the men diagnosed with cancer each year, about 33 percent are diagnosed with prostate cancer.

Studies show that men with certain risk factors are more likely to develop prostate cancer. Age is the most significant factor -- most men



with prostate cancer are older than 65. Family history, a diet high in animal fats or meat and other factors may also increase the likelihood of developing this disease.

Although we cannot yet prevent prostate cancer, we know early detection and treatment often make the difference between life and death.

The American Urological Association recommends a yearly prostate examination for every man older than 50 or beginning at age 45 for African-American men and all men with a family history of prostate disease. In addition, an immediate examination is strongly recommended for any man with persistent symptoms such as weak urinary stream, difficulty starting urination, frequent urination, urgency or difficulty postponing urination, awakening frequently at night to urinate, interruption of the stream (stopping and starting), blood in urine or pain or burning while urinating.

A yearly examination can help avoid the potentially serious consequences of advanced prostate disease. For more information, visit

[http://www.pcacoalition.org/site/PageServer?pagename=about\\_home](http://www.pcacoalition.org/site/PageServer?pagename=about_home).

**Kentucky Parks extend discount for military, including veterans**

*Kentucky Department of Parks*

The Kentucky Department of Parks is extending its state resort parks discounts for military personnel and adding veterans to the offer, according to Parks Commissioner George Ward.

With the discount, military personnel, including National Guard, Reservists and veterans, can stay at any of Kentucky's 17 beautiful resort lodges for only \$39 a night from Sunday to Thursday through March 2006.

"We encourage military personnel to take us up on this offer," Ward said. "They do so much for us that this is very least we can do for them. Plus, I think they'll find our resorts to be a great place to unwind."

Resort parks are located throughout the state within easy driving distance of most active military personnel. For example, Rough River Dam State Resort Park is located about 50 miles from Fort Knox and Lake Barkley, Kentucky Dam Village, Kenlake and Pennyryle state resort parks all are within 60 miles of Fort Campbell.

Military personnel also are entitled to discounted rates on cottage rentals, starting at \$69 per night for a one-bedroom.

Rooms must be reserved in advance and proof of military service is required. To make a reservation, interested persons can call the park of their choice directly at 1-800-255-PARK. Reservations also can be made online at <http://www.parks.ky.gov> by selecting USA in the promo field.

## Employee Enrichment

By Anya Armes Weber



*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*

One key to success is persistence, according to motivational speaker and author Debra Pestrak. Pestrak interviewed several successful real estate magnates for her book “Playing with the Big Boys and Girls in Real Estate.” She said every mogul she interviewed echoed common themes for their success: hard work, consistent action every day and never giving up.

Admitting a mistake can be tough, but often tougher is the ability to learn from the mistake and move on. Pestrak cites businessman and celebrity Donald Trump, who “has been in financial trouble several times and still goes out there taking risks, putting his financial life on the line and pulls himself through tough times,” she writes.

Pesttrak suggests avoiding these persistent pitfalls that can block your success.

- Poorly defined goals
- Wishing instead of doing
- Putting things off
- Indecision
- Lack of planning
- Indifference, weakness of desire
- Self-satisfaction
- Blaming others
- Fear of criticism or failure

If you feel yourself making one of these mistakes, get busy to correct it. Pestrak advises you ask a coworker or “coach” to look out for you and look out for these signals. “Just remember, we all fail,” Pestrak writes. “It’s our response to the failure that will determine our future.”